

ABSTRACT

Methods of enhancing and prolonging the natural reward system for exercise by administering one or more opiate destruction-inhibitors alone or in combination with one or more neurotransmitter precursors. When people exercise, they can experience a “runner’s high” or a state of euphoria, which has been found to be based on natural opioids. By enhancing and prolonging the “runner’s high,” incentive to exercise and to continue exercising will be increased. Further methods include the addition of any of a number of additives, such as those conventionally used for weight loss and appetite suppression.